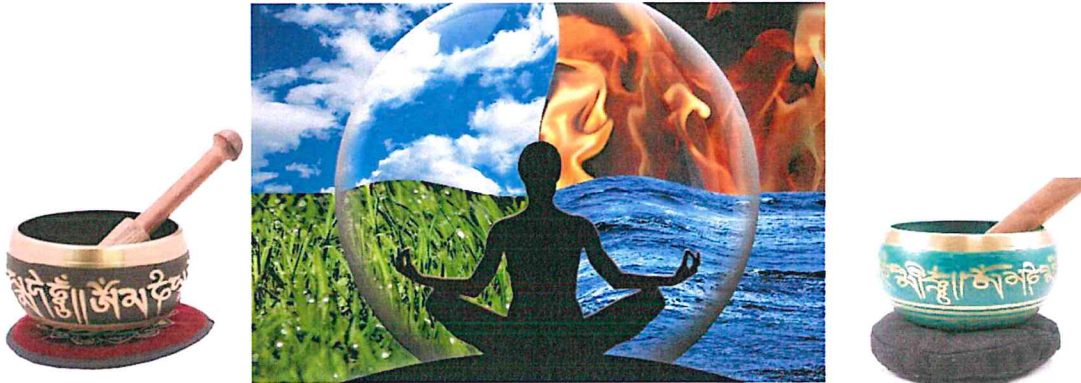




Mayor Derek Armstead,
The City of Linden and
Department of Parks & Recreation

Singing Bowl Meditation Intro Classes



These three introduction classes are free to the Linden community for anyone that is 13 years and older. Singing bowl meditation is designed to relax the mind, body, and soul. The bowls produce various sounds and vibrations when hit or circled with a mallet.

Date: 5/5/21 Site: Raymond Wood Bauer Promenade (stage) Location: 400 N. Wood Ave. Linden, NJ Facilitator: Renee Roman Time: 6:00pm-6:30pm	Date: 5/12/21 Site: Al Kalla Park (underneath the awning) Location: 2801 Highland Ave. Linden, NJ Facilitator: Renee Roman Time: 6:00pm-6:30pm	Date: 5/19/21 Site: Memorial Park (underneath the awning) Location: 2600 S. Wood Ave. Linden, NJ Facilitator: Renee Roman Time: 6:00pm-6:30pm
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***** Please bring a bottle of water and a yoga mat*****

View full class descriptions and register online at
<https://register.communitypass.net/linden>

All first-time registrants are required to call 908-474-8600 or 908-474-8627 Monday-Friday 9:00am-4:00pm to set up an account



Another quality program offered by the **Department of Parks & Recreation**
For more information, please call (908) 474-8600